

2Company Potatoes Revision30

Number of Servings: 30 (194.82 g per serving)

Amount	Measure	Ingredient
7.00	lb	Potatoes, hash browns, shredded, 80% ckd, iqf
3/4	ea	Soup, cream of potato, 50oz pack, cond, cnd
3 1/4	cup	Sour Cream, light
27 1/2	oz	Cheese, cheddar, low fat, shredded
2.00	Tbs	Spice, paprika
9 1/2	Tbs	Parsley, dried

Nutrients per serving

Nutrition Facts			
Serving Size (195g)			
Servings Per Container			
Amount Per Serving			
Calories 180		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 490mg		20%	
Total Carbohydrate 24g		8%	
Dietary Fiber 3g		12%	
Sugars 2g			
Protein 10g			
Vitamin A 10%		• Vitamin C 15%	
Calcium 15%		• Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Combine all ingredients. Pour into pan(s) sprayed with nonstick spray. Sprinkle with paprika and parsley flakes on top. Bake uncovered at 325 degrees for 1 1/2-2 hours or until well cooked and done.

Serve 1/2 -2/3 cup/#8 scoop = 1 vegetable serving
1 serve = 24 grams CHO = 1 1/2 CS

Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.
May add onion or bell pepper to customer's taste